



BUTTERMILK BEIGNETS WITH CUSTARD

Makes 12

These have to be the most perfect doughnuts you will ever eat, they are light and pillowy soft, with a creamy vanilla custard filling.

INGREDIENTS

DOUGH:

100ml water
200ml buttermilk
60g butter melted
1 extra large egg
460g cake flour
60g sugar
2.5ml salt
7.5ml instant yeast

CUSTARD FILLING:

500ml full cream milk
125ml fresh cream
2 extra large eggs
4 egg yolks
150g castor sugar
40g cornflour
25g cake flour
1 vanilla pod
125 ml fresh cream
100g castor sugar
for dipping

METHOD

Heat a deep fryer filled with vegetable oil to 160°C, alternatively heat a large pot filled halfway with vegetable oil.

For the dough, combine flour, salt, yeast, and sugar in the bowl of an electric mixer with a dough hook attachment. Add water, buttermilk, cooled melted butter and egg and mix into a smooth dough on a medium speed for 15 minutes. Transfer into a lightly oiled bowl and cover with plastic wrap. Leave at room temperature until doubled in size. Gently knock back after first rising and repeat process again for a second rising.

After second rising, don't knock dough back, but gently divide into 70g smooth tight balls. Place each ball onto a very well floured tea towel to prevent sticking allowing enough space in between each one for proving until doubled in size.

For frying, carefully remove each beignet off tea towel and fry smooth side down in batches of 4 depending on size of fryer.

BUTTERMILK BEIGNETS WITH CUSTARD

Makes 12

WHAT I LOVE

To replace custard with homemade apricot jam.

METHOD

Fry for 4 minutes on each side until golden brown. They are ready when a cake tester comes out clean. Drain on kitchen paper and while still warm dip each beignet into dipping castor sugar to coat. Set aside to cool.

For custard filling, score vanilla bean down the length and scrape out the seeds. Add the vanilla seeds to milk and cream, heat on stove to just below boiling point, set aside to cool. Using an electric beater beat eggs and sugar until light and fluffy, add flours and mix well. Pour warm vanilla milk over the egg and flour mixture and whisk to combine, return to the pan over a medium heat whisking all the time until custard thickens. Set aside to cool covered with a lightly buttered piece of non-stick baking paper directly on the surface to prevent a skin forming.

Turn cooled custard into a bowl, whisk again and then gently fold through lightly beaten fresh cream and mix until smooth. Using a sharp knife make a slit halfway into each beignet. Place custard into a plain piping bag and pipe generous amounts of custard into each beignet.